

## PRBB Intervals Course Proposal

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1. **Course Title** : Mindfulness for improved self-mastery
2. **Proposed date(s)**: 11<sup>th</sup> & 25<sup>th</sup> January 2017
3. **Course Language** : English
4. **Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer):**

Andrés Martín Asuero, born in Spain, holds a MSc. a MBA and a PhD in Psychology from Univ. A. Barcelona. He completed his education in France (INSEAD) and USA (MIT and UMass).

Amanda Dawn Blackley, teacher of yoga and meditation and MBSR instructor. She was the director of International Radio, Communication and Press in the Volvo Ocean Race and other global sport events from 2005-2010. Now she works teaching yoga and mindfulness and she is currently specialising in yoga as therapy.
5. **General description of the course (relevance and context for the PRBB)**

Workshop of two ½ day sessions featuring the benefits of mindfulness, a tool to develop self-efficacy and improve time management, for scientists.
6. **Course Aim**

This training is based on the MBSR\* program and has been designed as an experiential and interactive workshop, aiming to guide participants towards self-reflection and self-regulation. The program emphasizes the importance of *stop and see before acting*, and then **learning to respond instead of reacting to the events**.

MBSR\* Mindfulness-based Stress Reduction, Center for Mindfulness, Univ. Massachusetts [www.umassmed.edu/cfm](http://www.umassmed.edu/cfm)
7. **Learning objectives (what new skills, knowledge &/or attitudes will participants go away from the course with?)**
  - Mindfulness as a tool to develop self-awareness
  - Explore perception and communications
  - Understand and apply the principles of time management
  - Improve personal mastery
8. **Training methods** : Experiential, Dialogue, Presentations, Mindfulness practices
9. **Target group in PRBB ( Senior scientists, postdocs, predocs, management/admin staff, all residents)**

All PRBB residents
10. **Number of participants (maximum)**

15

**11. Total course hours (Please specify: a) direct training with instructor present b) required self-study.**

Note: only the direct training hours will be included in the post-course certificate.

8 hours

**12. Distribution of course (hours/days):** 2 sessions of 4 h each

**13. Course programme (outline of topics to be covered)**

**Mindfulness as a tool to develop self-awareness**

- Develop mindfulness in a simple and efficient way, to enhance connection with the present moment and improve self-regulation and learning.
- Develop a quality control of the mind. Reducing ruminations and restricting action mode of mind to where it really works.
- Improve relaxation and renewal skills using the body scan method
- The 8 week Mindfulness training program, using the book and the CDs at home

**Explore Perception and Communications**

- Suspending judgments to become less reactive, more creative and able to see other possibilities
- Understanding perception and cognition with the tool ladder of inference” ,
- Improving communications skills to avoid misunderstanding and explain more clearly one’s point of view.
- Practicing awareness of breathing as a way to develop inner balance on moments of challenge

**Understand and apply the principles of Time Management**

- Identify and manage time robbers first individually and latter as a team.
- Test on - How well do you manage distractions? - Dialogue to establish best practices.
- Priority setting with the Eisenhower matrix becoming more efficient on the use of time.
- Learning how to say NO in positive ways
- Preparing a 4 level personal action plan to take the principles of the workshop to your workplace.

**14. Pre-course preparation (what preparation should participants do before the course – reading, online study, prepare ideas etc?)**

Pre – reading material from Scientific American 2013.

**15. Material participants need to bring (laptops, etc...)**

Notepad and pencil, comfortable clothing for lying on the ground

**16. Relevant background reading/ audiovisual/websites or other materials**

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